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COUNTY OF PEEBLES
AND BURGHS OF
PEEBLES AND INNERLEITHEN

Annual Report

by

THE
Medical Officer of Health

Year 1953



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STAFF

JOINTLY WITH MIDLOTHIAN COUNTY COUNCIL AND SMALL
BURGH AUTHORITIES.

Medical Officer of Health :

JOHN RIDDELL, M.D., D.P.H.

Depute Medical Officer of Health :

HAROLD J. FRASER, M.B., Ch.B., D.P.H.

JOINTLY WITH MIDLOTHIAN COUNTY COUNCIL.

Assistant Medical Officers :

J. WALLACE GORDON, L.R.C.P. & L.R.C.S. (Edin.), D.P.H., L.D.S.

CHARLOTTE E. FORSYTH, M.B., Ch.B., D.P.H.

*P. W. R. PETRIE, O.B.E., M.B., Ch.B., D.T.M. & H., D.P.H.

JEANETTE B. MORRISON, L.R.C.P., & L.R.C.S. (Edin.), C.P.H.

†MARGARET D. PATERSON, M.B., Ch.B.

Senior Dental Officer:

ROBERT P. NEILSON, L.D.S.

Assistant Dental Officers

JOSEPH SHEARMAN, L.D.S.

W. P. MACKENZIE, L.D.S.

IAN F. BURNS, L.D.S.

R. W. BRAZENALL, L.D.S.

MISS M. MACTAGGART, L.D.S.

A. I. MACDONALD, L.D.S.

*MRS D. MCATEER, L.D.S.

†T. McLAREN, L.D.S.

†S. VINESTOCK, L.D.S.

County Nursing Superintendent and Supervisor of Midwives :

MISS E. W. HIMSWORTH

Tuberculosis Health Visitor :

Miss F. McD. GOODLAD (leave of absence)

Miss J. M. E. McVICKER (temporary)

Milk Officer :

*Miss W. B. REID

†Miss F. M. WATSON

Administrative Assistant :

ROBERT FULTON

Clerks :

MISS J. PATERSON

B. H. MURRAY

MISS J. PEEBLES

*Miss M. BRIEN

MISS E. MURRAY

†Miss J. ANDERSON

* Resigned during year.

† Appointed during year.

STAFF—*Continued.*

PEEBLES COUNTY.

County Sanitary Inspector :

JAS. M. M. FERGUSON.

Assistant Sanitary Inspector :

WILLIAM A. DUNLOP.

Meat Inspectors (Part time) :

P. J. WILSON, M.R.C.V.S.

W. W. PEGGIE, M.R.C.V.S.

Health Visitor :

MISS A. DOULL (leave of absence)

MISS W. M. RAMAGE (temporary)

Health Visitor—District Nurse Midwives :

MISS M. S. RAMAGE.

MISS C. FORBES.

MISS A. V. STEELE

MISS M. THOMSON.

District Nurse Midwives :

MISS J. C. SUMMERFIELD.

MISS M. F. SNEDDON.

PEEBLES BURGH.

Burgh Surveyor and Sanitary Inspector :

E. S. DUNCAN.

INNERLEITHEN BURGH.

Burgh Surveyor and Sanitary Inspector :

*WILLIAM F. THOMSON.

†ANDREW FAIRNIE

*Resigned during year.

†Appointed during year.

PREFACE

In last year's Report a very full review was given of the position reached after five years' experience of the National Health Service. On the whole this was reasonably satisfactory but it was made clear that there was still room for considerable improvement. Integration of existing services was not as complete as it should have been and extension of services might have proceeded more rapidly. The fundamental difficulty in almost all instances was lack of finance.

During 1953 some progress has been made but it has become even more clear that the major effort is not being directed in the proper direction. Costs and estimated costs for the treatment of sickness succeed one another in an ever ascending spiral. There is one answer and one answer only to this. Sickness must be prevented. Admittedly treatment must be given meantime, but a positive health policy holds the only hope for the future.

Local authorities have their financial problems and of these the preventive health services are only one. Is there any valid reason why the costs of this section should not be borne in the same way as the other sections—the general curative services? The more there is spent on prevention the less will be required for cure. Lip service by the Government to this proved fact is not enough. If the future of the nation is to be ensured the Government must act.

The general health of the County during the year remained satisfactory. While the general death rate remained almost stationary there was a distinct fall in the stillbirth and infant mortality rates. Despite the fact however that births exceeded deaths by 32 the Registrar General estimated that the total population fell by about 70, *i.e.*, about 100 more people moved out of the County than came into it.

Measures for the protection of child life against infectious disease were carried on rigorously as in previous years, and in this the general practitioners played an invaluable part. 86 per cent. of our children are vaccinated against smallpox and about 90 per cent. immunised against diphtheria. Skin testing of tuberculosis contacts was continued and all having been found to be negative, were given B.C.G. protection.

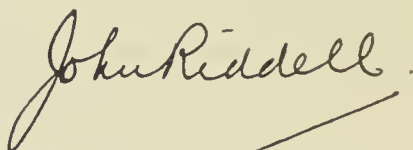
Infectious disease caused no anxiety though there was a considerable number of cases of whooping cough. It is hoped that preventive inoculation against this may become a worthwhile public health measure within a reasonable period. There was a slight increase

compared with the previous year in the number of scarlet fever cases in the landward area. New cases of tuberculosis continued to be found but practically on the pre-war level. As in the previous two years there was only one death from this cause.

Increasing demand continues to be made on the Domestic Help service, and despite serious difficulty, was adequately met. The great bulk of households helped were those having elderly and infirm or chronic sick people. While the amount of money spent on this service is considerable, it is much cheaper and gives much greater happiness than the provision of special hostel accommodation for many of these people.

I would like to thank here the County Council and especially the Health Committee for their unstinted support during the year; also my colleagues in the Health and other Departments of the County and Town Councils for their encouragement and assistance. Without the support of the general practitioners and the Staff of the Borders Hospitals Board of Management our efforts would not have been nearly so fruitful, and the Health Department staff as a whole acknowledges this with pleasure.

HEALTH DEPARTMENT,
10 DRUMSHEUGH GARDENS,
EDINBURGH, 3.
19th March, 1954.

A handwritten signature in dark ink, reading "John Riddell". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

Medical Officer of Health.

COUNTY OF PEEBLES.

VITAL STATISTICS, YEAR 1953.

	Peebles County.	Inner- leithen Burgh.	Peebles Burgh.	Land- ward Area.
Population, Census, 1951	15,226	2,361	6,013	6,852
Population estimated, 1953 (June)....	14,595	2,399	5,779	6,417
Live Births (corrected)	230	40	93	97
Illegitimate Births (corrected)	5	1	1	3
Still Births (corrected)	5	—	1	4
Deaths (corrected)	198	34	100	64
Infantile Deaths (corrected)	5	—	2	3
Marriages Registered	94	16	46	32

BIRTH AND DEATH RATES.

(Landward and Burghal) per 1,000 of Population.

	1953.	1952.	Scotland*
Birth Rate (corrected)	15·8	14·7	17·6
Death Rate All Causes (corrected)	13·6	13·9	11·4
Death Rate Tuberculosis (corrected)	·07	·07	0·18
Infantile Mortality Rate per 1,000 live Births	22·0	33·0	29·0
Stillbirth Rate per 1,000 total births	21·0	32·0	24·0

* Excluding Large Burghs.

Ages at Death.

Number of Deaths in the various age groups during 1953.

	Peebles County.	Innerleithen Burgh.	Peebles Burgh.	Landward Area.
Under 1	5	—	2	3
1—4	1	—	1	—
5—9	—	—	—	—
10—14	—	—	—	—
15—24	1	—	—	1
25—34	4	1	1	2
35—44	7	—	2	5
45—54	7	1	5	1
55—64	23	5	12	6
65—74	56	9	28	19
75—84	70	13	39	18
85 and over	24	5	10	9
All Ages	198	34	100	64

Infantile Mortality.

Deaths classified according to age groups:—

	Under 1 week	1 to 4 weeks	1 to 3 months	3 to 6 months	6 to 12 months	Total
Congenital Malformation	—	—	1	—	—	1
Prematurity	1	—	—	—	—	1
Pneumonia	—	1	—	—	1	2
Meningitis	—	—	—	—	1	1
Total	1	1	1	—	2	5

CAUSES OF DEATH.	Peebles County	Inner- leithen Burgh	Peebles Burgh	Land- ward
Tuberculosis of respiratory system	—	—	—	—
Tuberculosis other forms	1	—	1	—
Syphilis and its sequelae	—	—	—	—
Typhoid Fever (including Para-typhoid)	—	—	—	—
Dysentery all forms	—	—	—	—
Scarlet Fever and Streptococcal Sore Throat....	—	—	—	—
Diphtheria	—	—	—	—
Whooping Cough	—	—	—	—
Meningococcal Infections	—	—	—	—
Acute Poliomyelitis	—	—	—	—
Measles	—	—	—	—
Other Infective and Parasitic Diseases	1	—	1	—
Malignant Neoplasms	26	2	17	7
Benign and Unspecified Neoplasms	—	—	—	—
Diabetes Mellitus	—	—	—	—
Anaemias	—	—	—	—
Other General Diseases	1	—	1	—
Vascular Lesions affecting central Nervous System	27	5	14	8
Non-Meningococcal Meningitis	—	—	—	—
Other Diseases of Nervous System	3	—	1	2
Rheumatic Fever	—	—	—	—
Chronic Rheumatic Heart Disease	1	—	1	—
Arteriosclerotic and Degenerative Heart Dis- ease	81	18	38	25
Other Diseases of Heart	7	1	4	2
Hypertension with Heart Disease	4	—	4	—
Hypertension without Heart Disease	—	—	—	—
Other Circulatory Disease	2	—	2	—
Influenza	4	2	—	2
Pneumonia	3	—	—	3
Bronchitis	4	1	1	2
Other Respiratory Diseases	2	—	2	—
Ulcer of Stomach and Duodenum	4	—	3	1
Appendicitis	—	—	—	—
Intestinal Obstruction and Hernia	1	—	1	—
Gastritis and Duodenitis	—	—	—	—
Diarrhoea (except of newborn)	—	—	—	—
Cirrhosis of Liver	—	—	—	—
Other Diseases of Liver....	—	—	—	—
Other Digestive Diseases	1	1	—	—
Nephritis and Nephrosis	1	—	1	—
Hyperplasia of Prostate	1	—	—	1
Other Diseases of Genito Urinary System	3	1	—	2
Puerperal Sepsis including Post-Abortive Sepsis	—	—	—	—
Other Puerperal causes	1	—	—	1
Diseases of Skin and Organs of Locomotion	1	1	—	—
Congenital Malformations	3	—	3	—
Birth Injuries, Post Natal Asphyxia and Atelectasis	—	—	—	—
Pneumonia of the Newborn	—	—	—	—
Diarrhoea of the Newborn	—	—	—	—
Other Infections of the Newborn	—	—	—	—
Other Diseases peculiar to early Infancy	1	—	—	1
Senility	1	—	—	1
Cause ill-defined and unknown	4	1	3	—
Suicide	—	—	—	—
Motor Vehicle Accidents	2	—	—	2
Other Road Transport Accidents	—	—	—	—
Other Violence	7	1	2	4
All Causes	198	34	100	64

A.—LOCAL HEALTH AUTHORITY FUNCTIONS.

I.—Care of Mothers and Young Children.

Nursing Establishment.

The Centres and duties of nurses are as follows:—

Area.	No. of Nurses.	Duties.				Cars
		Mid- wifery.	Home Nursing.	Health Visiting.	School Nursing.	
West Linton	1					1
Broughton	1	"	"	"	"	1
Innerleithen	1	"	"	"	"	—
Walkerburn	1	"	"	"	"	—
Peebles	2	"	"	—	—	1
Peebles	1	—	—	"	"	1

Ante-Natal and Post-Natal Clinics.

No such Clinics are held in the County.

Child Welfare Clinics.

(a) The following Clinics were provided by the Local Authority:—

PEEBLES.—In Hay Lodge on Tuesdays from 2 p.m. to 4 p.m.

INNERLEITHEN.—In the Reading Room of the Liberal Club on the second and fourth Thursday of each month from 2 p.m. to 4 p.m.

WEST LINTON.—In the Community Centre on the second and fourth Thursday of each month from 2 p.m. to 4 p.m.

	Peebles.	Inner- leithen.	West Linton
Openings during year	51	24	22
Average number in attendance per Clinic	24	34	3
(a) Number of children attending—			
1. Under one year	90	51	11
2. Over one year	134	55	24
(b) Total number of attendances of children—			
1. Under one year	582	484	30
2. Over one year	538	325	39

(b) No Clinics were provided by Voluntary Bodies.

Government Scheme for Distribution of Free or Cheap Milk and Vitamin Preparations.

National Dried Milk and Vitamin preparations are distributed by the Health Visitors and at the following Centres:—

PEEBLES—Food Office—Monday to Friday, 9.30 a.m.—4 p.m., Saturday, 9.30 a.m.—11.30 a.m. Child Welfare Clinic—Tuesday, 2 p.m.—4 p.m.

INNERLEITHEN—Child Welfare Clinic—2nd and 4th Thursday, 2 p.m.—4 p.m.

WALKERBURN—Public School—2nd Thursday of each month. 2.30 p.m.—4 p.m.

WEST LINTON—District Council Office—each Tuesday, 2 p.m.—4 p.m.

BROUGHTON—Nurse's Cottage—Daily.

STOBO—Post Office—Daily.

TRAQUAIR—Post Office—Daily.

Vitamin preparations only are available from:—

DRUMELZIER MILL—Daily.

During the year 1953 the total number of beneficiaries under the National Milk Scheme was, liquid milk 761, of which two were supplied free; National Dried Milk 138, of which number one was supplied free. Figures for the number receiving vitamin preparations are not available.

Special Treatment Centres.

No mothers were given special treatment during the year.

(1) Teeth.

REPORT BY MR R. P. NEILSON, L.D.S.

Pre-School Children

The increasing desire on the part of many parents to take full advantage of the County Dental Scheme available for the "under fives" has, once again, been clearly demonstrated during 1953. but there is still considerable room for improvement.

It is hoped that, as the general public become better acquainted with this pre-school service, they will realize the positive benefits awaiting their children as a result of early dental intervention. All too frequently parents are completely ignorant of the dental condition of their children and, unless pain intervenes, dental inspection is not sought, with the unfortunate results that many teeth which could have been painlessly restored to normal function, if the parents had only taken a little more interest, are lost by extraction at an early age.

In an effort to overcome this human frailty, an organised system of inspection was introduced in the Burgh of Peebles during the year whereby parents with children attaining $3\frac{1}{2}$ and $4\frac{1}{2}$ years respectively, were personally invited to bring their children to the dental clinic. Of the children invited in this way for inspection, 19 per cent. failed to attend, but a number of them may very well be under the care of private practitioners.

Full details of Inspection and Treatment are set out hereunder.

	Inspection.				Number Referred for Treatment			
	Number Examined				Treatment			
	Age 2	Age 3	Age 4	Total	Age 2	Age 3	Age 4	Total
Peebles Clinic	19	23	56	98	16	22	53	91
Mobile Dental Unit	8	3	21	32	4	3	15	22
Total	27	26	77	130	20	25	68	113

Treatment								
First Visits	113
Second Visits	101
Attendances	279
Fillings	156
Extractions	81
Local Anaesthetics	62
General Anaesthetics	1
Silver Nitrate (Howes)	182
Cavities Lined before Filling	123
Teeth Trimmed	10
Prophylactic Cleaning	14
Dressings	34

Expectant and Nursing Mothers

An increase in this section was also recorded this year.

Details of inspection and treatment are set out hereunder.

Inspection						
Number Inspected (a) Ante-natal	2
(b) Post-natal	15
Number Referred for Treatment (a) Ante-natal	2
(b) Post-natal	15
Treatment						
Number of First Visits (a) Ante-natal	2
(b) Post-natal	14
Number of Second Visits	15
Number of Attendances	53
Fillings	23
Extractions	41
Local Anaesthetics	34
Cavities Lined before Filling	23
Teeth Trimmed	8
Scalings	4
Cleaning	15
Dressings	18
Denture Work—						
Impressions	6
Bites Taken	3
Try In	3
Dentures Fitted	3
Dentures Ease	5
†Sessions devoted to Inspection and Treatment	55

† This figure includes the time devoted to all pre-school work because, both mothers and pre-school children are for reasons of economy, intermixed when undergoing treatment at Maternity and Child Welfare Dental Clinics. It is, therefore, quite impossible to estimate the time devoted to the respective groups. In addition, during these sessions 36 attendances were made by school children for treatment.

(2) Eyes.

PRE-SCHOOL CHILDREN REFERRED FOR VISUAL DEFECT.

Cases Referred	Atten- ded Clinic	Left District	Own Oculist	Refused Exam- ination	Glasses pre- scribed	No Glasses prescribed
28	27	1	—	—	11	16

(3) Ear, Nose and Throat—Intimation was received from the Hospital Board that 17 pre-school children had tonsils and adenoids removed.

(4) Other Ailments—No information available as to children treated.

(5) Ultra-Violet Light Treatment—No children treated.

(6) Orthopaedic—Two pre-school children were admitted to Hospital.

(7) Speech—Four pre-school children were referred to the Speech Therapist.

Residential Nurseries and Children's Homes.

There are no such Homes in the County.

Mother and Baby Homes.

There are no such Homes in the County, any cases being cared for by the Joint Children's Committee.

Midfield House, Lasswade.

		Under 2 years			2 to 4 years			5 to 14 years			Total		
		+ M.	E.	P.	M.	E.	P.	M.	E.	P.	M.	E.	P.
Children in Home at 31/12/52	8	1	—	13	2	—	28	1	—	49	4	—
Admitted during 1953	13	3	2	3	—	2	11	1	—	27	4	4
Died during 1953	1	—	—	—	—	—	—	—	—	1	—	—
Discharged during 1953	11	2	2	8	2	2	10	1	—	29	5	4
Remaining in Home at 31/12/53	5	2	—	8	—	—	33	1	—	46	3	—

+ M=Midlothian. E=East Lothian. P=Peeblesshire.

Tenterfield, Haddington.

		Under 2 years			2 to 4 years			5 to 14 years			Total		
		+ M.	E.	P.	M.	E.	P.	M.	E.	P.	M.	E.	P.
Children in Home at 31/12/52	—	—	—	5	4	—	10	12	2	15	16	2
Admitted during 1953	2	1	—	13	7	—	17	6	—	32	14	—
Died during 1953	—	—	—	—	—	—	—	—	—	—	—	—
Discharged during 1953	2	1	—	15	9	—	17	6	2	34	16	2
Remaining in Home at 31/12/53	—	—	—	3	2	—	10	12	—	13	14	—

+ M=Midlothian. E=East Lothian. P=Peeblesshire.

II.—Midwifery Service.

- (i) Total number of births occurring in the area during year—that is before correction for mother's residence:

Live Births, 202; Still Births, 4. Total 206.

- (ii) Total number of births in (i) occurring in institutions (including private maternity homes), 185 (including 2 sets of twins and 3 still births).

- (iii) Total number of births in (i) occurring at home. 21 (1 still birth).

- (iv) Number of births in (iii) classified to show nature of attendance at birth :—

		Cases dealt with under Section 23 (2) of the National Health Service (Scotland) Act, 1947			Other domiciliary cases			Total
		Doctor engaged and present at confinement	Doctor engaged and not present at confinement	Mid- wife alone (no doctor engag- ed)	Doctor and Mid- wife engag- ed	Midwife alone (no doctor engag- ed)	Without doctor or mid- wife	
I.	Midwives Employed by							
	(a) Local Authority	10	7	—	—	—	*1	18
	(b) Voluntary Organisations	—	—	—	—	—	—	—
	(c) Hospital Boards of Management	—	—	—	—	—	—	—
II.	Private practising midwives	—	—	—	3	—	—	3
III.	Totals	10	7	—	3	—	1	21

* Two N.H.S. Cases B.B.A.

Domiciliary Cases.

	1953.	1952.
Number of confinements—		
(a) At Home	21	35
(b) In Hospital	8	3
Cases removed to Hospital because of—		
(a) Home conditions	—	—
(b) Medical Emergency	8	3
Debility 2, Twins 1, Malpresentation 1, Delayed labour 1, Threatened abortion 1, High Blood Pressure 1, Haematemesis 1.		
Percentage of confinements conducted by midwife alone	33%	42%
Percentage of domiciliary bookings admitted to hospital for medical reasons	28%	8%
Number of Anæsthetists called in	—	—
Number of Consultants called in	—	—
Number of Maternity Outfits issued	16	3

The average number of weeks during which the patients were under observation was 16.

Medical Aid under Section 14 (1) of the Midwives (Scotland) Act, 1951.

Number of cases in which medical aid was summoned during the year under Section 14(1) of the Midwives (Scotland) Act, 1951, by a Midwife:—

(a) For Domiciliary Cases—	
(i) Where the midwife was acting alone	—
(ii) Where the medical practitioner had arranged to provide maternity medical services under the National Health Service	—
(b) For Cases in Institutions	—

Administration of Analgesics.

(a) Number of midwives in practice in the area qualified to administer Analgesics in accordance with the requirements of the Central Midwives Board for Scotland:—	
(i) Domiciliary	6
(ii) In Institutions	—
(b) Number of domiciliary midwives who received their training during the year	—
(c) Number of Sets of Apparatus in use at 31st December, 1952	1
(d) Number on order at 31st December, 1952	—
(e) Number of cases in which Midwives in domiciliary practice during the year administered—	
(a) Gas and Air	1
Dr present	—
Dr absent	—
(b) Pethedinc	3
Dr present	—
Dr absent	5

III.—Health Visiting.

	Number Visited during year.	Total Visits.
Expectant Mothers	24	47
Infants	467	2,539
Children (1-5 years)	1013	2,757
Cases of Tuberculosis	68	297
Immunisation against Diphtheria	75	75
Domestic Help		828
School Health Service—Follow-up work—		
Cleanliness		47
Medical		84
Dental		142
Vision		39
Others		43
Cases visited at request of general practitioner		—
Cases visited at request of hospital organisation		—

IV.—Home Nursing.

- (i) Number of cases attended by home nurses under arrangements made by the Local Health Authority under Section 25 of the National Health Service (Scotland) Act, 1947 (303 over 65 years of age) 693
- (ii) Number of visits paid by nurses to these cases (9,670 to persons over 65 years of age) 14,696

V.—Domestic Help.

- (i) No. of Domestic Helps employed at end of year
- (a) whole-time —
- (b) part-time 13
- (c) Retaining fee basis —
- (ii) No. of cases for which Helps were provided during year 54
- (iii) No. of cases in (ii) provided on account of confinement:—
- (a) at home 3
- (b) in hospital 1
- (iv) No. of cases in (ii) provided on account of chronic sickness including age and infirmity 43
- (v) Average period of assistance 24 weeks
- All domestic helps are X-rayed before appointment.

VI.—Vaccination and Immunisation.

Smallpox Vaccination.

	Under 5 years.	5-14 years.	Over 14 years.
Number Vaccinated during 1953—			
Typical Vaccinia greatest at 7th-10th day	156	—	—
Accelerated Reaction 5th-7th day	—	1	—
Greatest Reaction 2nd-3rd day	—	2	—
No Local Reaction	1	—	—
Total	157	3	—
Number Re-Vaccinated during 1953—			
Typical Vaccinia greatest at 7th-10th day	—	—	16
Accelerated Reaction 5th-7th day	—	—	—
Greatest Reaction 2nd-3rd day	4	4	22
No Local Reaction	—	—	2
Total	4	4	40

Percentage Vaccinated of those resident in County 6 mths. to 4 years.
at end of 1953 86 86

190 Records were returned by General Practitioners.

Diphtheria Immunisation.

	Under 5 years.	5-14 years.	Over 14 years.
Number immunised during 1953	177	14	—
Number given maintenance injection during 1953....	27	214	1
Number of confirmed cases of diphtheria in 1953	—	—	—
Number of deaths from diphtheria in 1953	—	—	—
Percentage immunised of those resident in the County at end of 1953	1-4 years 84	96	

Records for 255 children were returned by General Practitioners.

Tuberculosis Vaccination with B.C.G.

During 1953 this service was continued for all pre-school and school children who were contacts of known cases of tuberculosis.

The following table sets out these skin tests, B.C.G. vaccinations and x-ray results by age and sex.

Age Group (years)	Under 1		1 and under 5		5 and under 10		10 and under 15		15 and under 20		Totals by sex		Total
Sex	M	F	M	F	M	F	M	F	M	F	M	F	
Positive Skin Test	—	—	—	—	—	—	—	—	—	—	—	—	—
Negative Skin Test	2	4	1	3	3	6	2	1	—	—	8	14	22
Positive Reactors x-rayed and found—													
Clear	—	—	—	—	—	—	—	—	—	—	—	—	—
Healed lesions	—	—	—	—	—	—	—	—	—	—	—	—	—
Active lesions	—	—	—	—	—	—	—	—	—	—	—	—	—
Not yet x-rayed 31/12/53	—	—	—	—	—	—	—	—	—	—	—	—	—
Negative Reactors—													
Given B.C.G.	3	4	1	3	3	6	2	1	—	—	9	14	23
Awaiting B.C.G. 31/12/53	—	—	—	—	—	—	—	—	—	—	—	—	—

VII.—Prevention of Illness, Care and After-Care.

Tuberculosis.

The trend of notifications since 1935 is shown in the following table:—

	1935-1939 Av.	1940-1944 Av.	1945-1949 Av.	1950.	1951.	1952.	1953.
Respiratory	6	11	17	18	12	14	10
Non-Respiratory	5	6	7	4	2	4	3
Total	11	17	24	22	14	18	13

All the notifications were confirmed so that the actual total of cases for the year was roughly the same as in 1951 and 1952.

Mass Radiography.

No visit was made by the mass radiography unit during 1953.

**Number of Persons Resident in the County at 31st December, 1953,
who were known to be suffering from Tuberculosis.**

By Area		Confirmed in 1953.		Total known Cases in Area.	
Area.		Respiratory.	Non-Respiratory.	Respiratory.	Non-Respiratory
Landward	3	1	17	4
Peebles	6	2	28	11
Innerleithen	1	—	15	1
Total	10	3	60	16

By Age Groups		5	10	15	25	35	45	65	
Age Group	Under	and	and	and	and	and	and	and	Total
(in years)	5	10	15	25	35	45	65	up-wards	

Respiratory.									
Confirmed 1953	M.	—	—	1	2	1	—	3	8
	F.	—	—	—	—	2	—	—	2
Total in County 31/12/53	M.	—	1	2	3	8	6	9	32
	F.	—	1	—	9	9	1	8	28

Non-Respiratory.									
Confirmed 1953	M.	—	—	—	—	—	—	1	1
	F.	—	—	1	—	—	—	1	2
Total in County 31/12/53.	M.	—	—	2	1	1	1	2	9
	F.	1	—	1	1	1	—	1	7

Particulars of persons who died from Tuberculosis in the County during the Year.

					Respiratory.		Non-Respiratory.	
					Males.	Females.	Males.	Females.
Number of persons who died from tuberculosis	—	—	1	—
Of whom—								
Not notified or notified only at or after death	—	—	—	—
Notified less than one month before death	—	—	—	—
Notified from 1 to 3 months before death	—	—	—	—
Notified from 3 to 6 months before death	—	—	1	—
Notified from 6 to 12 months before death	—	—	—	—
Notified from 1 to 2 years before death	—	—	—	—
Notified over 2 years before death	—	—	—	—
Number who died within 28 days after discharge from an institution	—	—	—	—
Number who died more than 28 days after discharge from an institution	—	—	—	—

This single death is the same as in the last 2 years.

Sanatoria.

			In Sanatoria on 1st Jan. 1953	Admitted during 1953	Discharged or died during 1953	In Sanatoria on 31st Dec. 1953
East Fortune Hospital.						
Males	3	5	5	3
Females	5	4	5	4
Children	1	2	1	2
Other Hospitals.						
Males	—	1	—	1
Females	—	—	—	—
Children	—	—	—	—
			TOTAL.			
Males	3	6	5	4
Females	5	4	5	4
Children	1	2	1	2
			9	12	11	10

There were no cases on the Waiting List at the end of year.

Housing.

Overcrowded tuberculosis families					
At December 1952			Rehoused during 1953	At December 1953	
Resp.	Non-Resp.			Resp.	Non-Resp.
Peebles Landward	1	—	1	1	—
Peebles Burgh	3	1	3	2	1
Innerleithen Burgh	—	—	—	—	—
Total	4	1	4	3	1

The one respiratory case in the Landward Area has been rehoused since the end of the year.

In Peebles Burgh the non-respiratory case is unwilling to move.

Two shelters are available if suitable cases arise.

VIII.—Infectious Diseases.

The following confirmed cases occurred during the year:—

	Land- ward Area	Peebles Burgh.	Inner- leithen Burgh.	Total 1953	Cases not admitted to Hospital	Total 1952
Dysentery	3	—	—	3	3	—
Pneumonia (not other- wise notifiable)	1	—	—	1	1	2
Pneumonia (Acute Pri- mary)	1	—	—	1	—	1
Erysipelas	1	—	—	1	1	—
Scarlet Fever	18	6	7	31	6	14
Whooping Cough	38	45	7	90	89	24
Total	62	51	14	127	100	41

Three cases were admitted to the City Hospital, and 24 to Gala-shiels Hospital.

Venereal Diseases.

Patients attend for consultation and treatment at the Royal Infirmary, Edinburgh, where they may be admitted to special wards for in-treatment if necessary.

Examination of specimens is carried out at the Infirmary Laboratory.

Medical Practitioners in the County are supplied with the necessary outfits for taking specimens, which are sent to the Clinical Pathologist, Pathological Laboratory, Royal Infirmary, Edinburgh.

Cases Attending Centre.

	S.		G.		SS.		N.S.D.		Nil.		Total		Grand Total	Attend-ances.	Approx. No. Still attending.
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.			
1953	—	—	1	—	—	—	3	1	2	—	6	1	7	83	10
1952	—	—	—	—	—	—	4	—	5	—	9	—	9	75	10

	1953.			1952.		
	Males.	Females.	Total.	Males.	Females.	Total
Admissions to Hospital	6	—	6	4	—	4
Number of days in Hospital	32	—	32	18	—	18

IX.—Mental Health Service.

No special arrangements exist in the County in connection with mental disability in the pre-certification stages. It is hoped that at a reasonably early date facilities will be available for psychiatric examination of both adults and children.

One male lunatic was boarded out with a private guardian while two male and one female mental defectives were awaiting admission to Institution. Nine mental defectives were in institutions.

The number of cases treated in Rosslynlee Hospital during the year was as follows:—

	Male	Female
In Hospital at 31/12/52	16	18
Admitted during 1953	3	8
Discharged „ „	2	6
Died „ „	3	1
Remaining at 31/12/53	14	19

X.—Children's Acts.

Children Act, 1948.

Children on Infant Protection Register at 31st Dec., 1953	28
Children from Peeblesshire boarded-out in Peeblesshire	3
„ „ „ boarded-out in other areas	2
„ „ „ in Homes in Peeblesshire	—
„ „ „ in Homes in other areas	—
Children from other areas boarded-out in Peeblesshire	3

Adoption Act, 1950.

Number of adoptions arranged by Local Authority	1
Number of children supervised under Part III. following notices—	
under (a) Sec. 2 (6)	5
(b) Sec. 31	—

Nurseries and Child-Minders Regulation Act, 1948.

There were no applications received during the year either for registration of premises or child-minders.

B.—SCHOOL HEALTH SERVICE.

The Report on School Health Services is issued separately.

C.—FOOD SUPPLY.

I.—Milk.

(a) No. of registered milk producers—Certified	4
	Tuberculin Tested	58
	Ordinary	11
(b) No. of retail purveyors of milk	24
(c) No. of producers and wholesale dealers who do not sell milk by retail	56
(d) Approximate average number of cows in registered premises	32
(e) No. of dairies exempt from registration, if known	92
(f) Approximate average number of cows, if known, in premises exempt from registration	2

The number of samples taken during the year was as follows:—

A. At Farms.	Certified 36	Tuberculin Tested 441	Ordinary 21	Total 498
Certified—				
Original Samples 15	Satisfactory 13	Unsatisfactory 2
Repeat Samples 2	„ 2	„ —
Investigation Samples 8	„ 4	„ 4
Licence Application Samples 11	„ 6	„ 5
Tuberculin Tested—				
Original Samples 341	Satisfactory 298	Unsatisfactory 43
Repeat Samples 63	„ 38	„ 25
Investigation Samples 35	„ 20	„ 15
Licence Application Samples 2	„ 2	„ —
Ordinary—				
Original Samples 17	Satisfactory 17	
T.T. Application Samples 4	„ 4	
B. At Schools—				
No. of Schools 19	No. of Suppliers	7	
No. of Samples 58	Satisfactory 49	Unsatisfactory 9
C. At Dairy Shops—				
No. of Shops 7			
No. of Samples 82	Satisfactory 66	Unsatisfactory 16
D. Resazurin Samples—				
112—All satisfactory.				
E. Butter-Fat Samples—				
No. of Samples 53	Satisfactory 52	Unsatisfactory 1
F. Biological Samples (Undesignated Producers).				
5—All satisfactory. (Other “ordinary” herds were all “attested.”)				

The Resazurin Tests are carried out in a small milk laboratory installed and equipped in the County Buildings instead of the samples being sent to Edinburgh. Samples for Bacteriological purposes continue to go to the University Laboratory.

“Certified” Producers

No. of Licences at 1st January, 1953 = 3
31st December, 1953 = 4

Two producers obtained “Certified” Licences throughout the year, one being a change of owner and the other a producer changing from “Tuberculin Tested” to “Certified.” Results obtained from producers have been fairly satisfactory. Two producers had one failure each, one had only two samples taken after licence was obtained, both of which were satisfactory. The remaining producer went out of production in March and the licence has been withdrawn as from end of 1953.

“Tuberculin Tested” Producers

No. of Licences at 1st January, 1953 = 57
31st December, 1953 = 58

During the year one producer qualified for a “Certified” licence and two “Ordinary” producers qualified for “Tuberculin Tested” licences. One farm changed hands and the new owners have qualified for a “Tuberculin Tested” licence. No new dairy farms were registered. Samples taken from twenty-seven producers have had consistently good results. Sixteen producers have had satisfactory results—each with one failure in the year. Fifteen producers have had inconsistent results—each with more than one failure. In five cases failures were consecutive on three occasions. Four producers had the assistance of the College Advisor in detecting the cause of persistent failures.

Ordinary Producers

No. of Producers at 1st January, 1953 = 11
31st December, 1953 = 8

Two producers were granted “Tuberculin Tested” Licences. One licence was withdrawn due to the producer giving up dairying. Each producer had at least one bacterial count taken on his supply and all were satisfactory. Five producers had samples subjected to a biological test for B. Tuberculosis—all were negative.

Schools

Seven retailers supply the schools. Of the nine samples which were unsatisfactory four were from one supplier, two from another, and the remaining three from separate suppliers. Two schools—Broughton and Tweedsmuir—were supplied with undesignated milk and a sample from these supplies was subjected to a biological test for B. Tuberculosis and was found to be negative. This supplier has now qualified for, and has been granted, a “Tuberculin Tested” licence; all the schools in the County are thus supplied with designated milk.

Dairy Shops

Seven shops and fourteen producer retailers in the County area, also three dealers outwith the County, are licensed to supply milk by retail to customers throughout the County and Burghs. Three shops are supplied with bottled milk for distribution from two co-operative Creameries. One distributor had a consistently good supply and two Co-operative distributors also had consistently good samples. The remaining Co-operative shop was not so satisfactory—pasteurised samples from this supply failed frequently and no apparent reason was found. The “Certified” milk from this shop was satisfactory and the “Tuberculin Tested” supplies had only one failure. One distributor of “Tuberculin Tested” milk showed consistently poor results; these were traced to unsatisfactory conditions prevailing at the producing farm, which conditions are receiving attention. Samples from the remaining suppliers showed that a reasonably good standard was maintained, some having only one failure.

II.—Ice Cream.

The following is a note of the position at the end of 1953.

						Manufacturer -Retailer	Retailer only
1. Registration.							
(a) Number of certificates of registration in force at 1st January, 1953		7	12
(b) Number of applications for registration considered during 1953, including those carried over from 1952	—	1
(i) Number granted		—	1
(ii) Number refused		—	—
(iii) Number withdrawn by applicant				—	—
(iv) Number still not disposed of at 31/12/53					—	—
(c) Number of certificates of registration cancelled during 1953	—	—
2. Appeals to Sheriff.							
(a) Number of appeals lodged during 1953 by applicants for registration		—	—
(b) Number of (i) Dismissed		—	—
(ii) Sustained		—	—
(iii) Not yet determined				—	—
3. Unregistered.							
(Wrapped ice cream only)		—	20
4. Registered by Other Local Authorities.							
(Distributors of ready-made ice cream—either wrapped or in containers)		—	11

5. Sampling to 31st December, 1953.

Bacteriological—		Wrapped	Unwrapped
Number of samples taken	(satisfactory) ..	31	21
	(unsatisfactory)	5	2
Chemical—			
Number of samples taken	(satisfactory)	8	7
	(unsatisfactory)	—	—

III.—Meat and Other Foods.

Routine sampling of food supplies under the Food and Drugs (Adulteration) Act, 1928 and the P.H. (Preservatives, etc., in Food) Regs. (Scot.) was carried out during the year. 26 official and 140 test samples were taken, 2 official and 1 test samples being non-genuine. 2·9 cwts. approximately of food were condemned during the year.

Slaughtering operations were conducted in the Public Slaughterhouse in Peebles Burgh and in Broughton Slaughterhouse.

Peebles						
	No. of animals			No. with Tuberculosis	No. with Cysticercus Bovis	Wt. in lbs. of meat and offals condemned
	slaughtered	wholly condemned	partially			
Cattle	606	6	315	17	9	8,690
Calves	337	11	5	—	—	522
Sheep	3,319	91	770	—	—	7,035
Pigs	231	1	45	2	—	294
Horses	—	—	—	—	—	—
No. of visits made by Detention Officers	202
No. of visits made by Veterinary Inspectors	162

Broughton						
	No. of animals			No. with Tuberculosis	No. with Cysticercus Bovis	Wt. in lbs. of meat and offals condemned
	slaughtered	wholly condemned	partially			
Sheep	41,098	12	3,582	—	—	9,879
No. of visits made by Detention Officers	all killings
No. of visits made by Veterinary Inspectors	95

The Slaughterhouses are kept in a satisfactory condition.

IV.—Food Poisoning.

In the autumn there was a slight outbreak of food poisoning due to *Salmonella typhi-murium* but fortunately it was of very short duration and was not a cause of serious general illness.

V.— Nutrition.

No special action was taken during the year. The nutrition of the community as a whole continued to be satisfactory.

D.—MISCELLANEOUS.

Welfare of Blind Persons.

Ascertainment and supervision of blind persons is carried out by the Edinburgh and South-East Scotland Society for Teaching the Blind to Read at their Own Homes.

Age Group (years)	0-4	5-15	16-29	30-39	40-49	50-69	70+	Total
Registered in 1953	M.	—	—	—	—	1	2	3
	F.	—	—	—	—	2	1	3
Total on Register	M.	—	—	1	2	4	8	15
at 31/12/53	F.	—	1	1	1	2	7	19

The blind girl under 16 years of age is mentally normal and is in attendance at the Blind Institution.

Two male adults are employed in workshops in Institutions for the Blind, and one female adult outwith a Blind Institution. Another female adult is undergoing professional training.

Aged and Infirm.

Ambulant cases can be admitted to Eildon View Home, Galashiels. The following Table gives details of the Peeblesshire cases treated during the year:—

	Men	Women	Total
In residence at 31st December, 1952	2	3	5
Total number of admissions	3	1	4
Total number of discharges	2	1	3
Total number of deaths	—	—	—
In residence at 31st December, 1953	3	3	6
Number of beds occupied—			
(a) Average during year	6
(b) Highest	6
(c) Lowest	5

Hospitals.

1. General.

General cases are admitted to the War Memorial Hospital which has seventeen beds for this purpose.

2. Infectious Disease.

Infectious disease cases from the eastern part of the County are taken to Galashiels Infectious Diseases Hospital, and those from the west to the City Hospital, Edinburgh.

3. Chronic Sick.

These are admitted to Kingsland Hospital, Peebles, which has twenty beds.

4. Sanatoria.

There are no sanatoria in the County, cases of tuberculosis now being admitted to East Fortune Hospital.

5. Maternity.

Cases are admitted principally to the War Memorial Hospital, Peebles, which has eleven maternity beds.

6. Children.

There are no such Homes or Hospitals in the County.

7. Convalescent Homes.

There are no such Homes in the County.

Registration of Nursing Homes.

There are two Registered Nursing Homes in the County. They have a maximum capacity of eight patients and are well conducted.

Ambulance Facilities.

There are two ambulances in the County, one being stationed in Peebles Burgh and the other at West Linton.

Health Education.

This year Health Education was limited to personal talks by the medical, dental and nursing staffs as opportunity offered.

E.—GENERAL SANITATION

I am indebted to the County Sanitary Inspector for the following summary.

Water Supplies

The main interest in the problem of water supplies in the Landward Area of the County during the year under report, lay in the possibility that the ten miles of water main, which had been laid as part of the West Linton and Newlands District Water Scheme in 1951-52, might come into use. This, unfortunately, was not a hope which was

realised; the Contractor continued testing throughout the year but towards the end of the year it was demonstrated, by tests carried out on behalf of the County Council, that leaks were occurring in eight out of the sixteen lengths to an extent in excess of the minimum permissible figures. These are now gradually being eliminated and it is hoped that the water main will come into commission during 1954. The construction of enlarged filters at Wakefield commenced during the year but a considerable amount of work will be required in 1954 before this part of the contract will be completed. On completion, the enlarged filters with increased holder tank capacity, will relieve the strain on the already overworked filtering capacity which exists at present. A reflection on the existing relatively small tank capacity arose during the course of testing the new main, when it was found that the normal supply to a house, situated on high ground in West Linton, experienced interruptions of supply on days when there was a large normal draw-off which was aggravated by the testing arrangements.

A decision to extend the ten miles of main, referred to above, in order to supply the farm of Blythbank necessitated the laying of approximately two-thirds of a mile of 4 ins. diameter water main. The work, which was carried out by a local contractor, was commenced in October and completed and tested before the end of the year.

The Council's policy to supply water for non-domestic purposes by meter only, requires the quarterly reading of more than forty meters throughout the County. The time involved in this work, and the subsequent preparation of invoices, is appreciable but results in considerable income which would not be otherwise obtained.

No abnormal difficulties were encountered in maintaining the other water supplies in the County, maintenance in respect of pipes burst by frost or on account of old age, being carried out both in Skirling and Eddleston areas in addition to West Linton. Difficulty was experienced in respect of shortage in two large residential properties in Walkerburn; on investigation over a considerable period this was found to arise because of defective pipes for which the proprietors were responsible; the introduction of water meters has proved that an adequate supply from the main was available and the proprietor has now given the necessary attention to his pipes.

The mechanical descaling of approximately 1,000 yards of water main which was referred to in the 1952 report as being projected, was carried out early in 1953 in the West Linton area, by specialist contractors. The results were very satisfactory, the effect being to restore the original diameter of a very corroded water main with considerable increase in available supplies.

Sampling, on request, for private water supplies was carried out on ten occasions during the year; these samples were required in connection with improvements proposed to private supplies and, in each case, advice was given regarding the proposals. Public supplies throughout the County were sampled on fourteen occasions, results obtained being reasonably satisfactory.

Drainage and Sewage Works

No difficulty was encountered regarding the public drainage and sewage systems in the Special Drainage Districts, with the exception of a choked sewer in West Linton, which required the provision of access pipes at a point where the sewer passes beneath an adjoining stream. Considerable attention was required, however, on many private drainage schemes, with a view to avoiding nuisance. In many cases, unsatisfactory conditions arose on account of failure to clean out septic tanks when required, obnoxious discharges resulting when the tanks overflowed. The frequency with which these conditions occur, and the unpleasant nature of the work involved in cleaning the tanks, suggests that the desirability of providing a system of cleaning out septic tanks by mechanical means is worthy of consideration. Such a system would require the provision of a special purpose tank and pump mounted on a motor chassis, the cost of purchase of these, and the associated maintenance and labour charges, being met by income from twice yearly visits to the numerous septic tanks which exist in the area.

Agreement was reached during the year regarding the financial arrangements for maintaining the drainage system in Traquair Village and it is intended to overhaul the existing tank and outlet drain there next year.

Further progress was made with the proposals for new sewage disposal works, and improved sewer arrangements, at West Linton. Modifications in the original scheme were suggested by the Department of Health for Scotland and these have now been submitted to the Consulting Engineers for report upon the available alternatives.

Towards the end of the year it became evident that the drainage arrangements in the hamlet of Mountaincross will require to be developed on a community basis. It has been found that the original septic tank, which was provided by the County Surveyor's Department to service three roadmen's houses, now deals with the drainage from the majority of the other houses in the hamlet. It is doubtful whether the size of this area justifies the formation of a Special Drainage District and it is felt that the problem might be best dealt with by an arrangement similar to that operating in Traquair, where proprietors of properties using a mutual septic tank have reached a financial agreement for maintenance and improvement.

The complaint, referred to in the 1952 report, regarding the discharge from the septic tank of an hotel adversely affecting a small stream, was further considered during the year; the proprietor has secured the services of a consulting engineer, who is preparing alternative methods for dealing with the difficulty which has been experienced. His report had not become available as the year ended.

Public Cleansing

The County Cleansing Service continued to perform a very useful function in 1953, no major difficulties being encountered. Scheduled visits for refuse collection were maintained throughout the year and

these have become a routine feature in the community. It was found possible, in the autumn, to secure a market for waste paper and, though the price obtained was very considerably less than that secured during the peak period in early 1952, the quantity of paper collected and disposed of represented an income of more than £100. The County Sanitary Inspector, at the request of the Scottish Branch of the Institute of Public Cleansing, delivered a paper entitled "Starting from Scratch" at the Autumn Meeting of the Institute held in Peebles in October. The paper dealt with the problems associated with the inauguration and operation of a public cleansing service in a rural area.

Pest Destruction

The County Council's arrangements for pest destruction continued to provide a useful service. It is now evident that the use of the anti-blood-coagulant "poison" (marketed under various trade names) is proving a useful and effective means of rodent control and that the rat population appears to have decreased at many sites which were previously heavily infested.

I regret to record that the Council's Rodent Operator, whose services have been appreciated by occupiers of infested premises since he first took up duty early in 1947, has experienced a severe illness which has prevented his presence on duty for several months. In his absence, the staff of this Department were able to visit and advise as necessary on the few occasions when treatment was required, though naturally the regular supervision was not carried out to the same extent.

General

In spite of the wide and increasing range of duties for which the Department is responsible, the staff remained as in previous years. The appointment of County Milk Officer was filled successively during the year by three different persons, viz., till 4th July, Miss W. B. Reid; 5th July to 15th August, Mrs P. Jardine; 17th August to date, Miss Fiona M. Watson. The work of these Officers is reported in the Milk Officer's Report.

Factories Acts, 1937 and 1948.

Inspections.

					Land- ward	Peebles Burgh	Inner- leithen Burgh	Total
1. Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities—								
(a) Number	—	45	7	52
(b) Inspections	—	47	9	56
(c) Written Notices	—	2	—	2
(d) Prosecutions	—	—	—	—

					Land- ward	Peebles Burgh	Inner- leithen Burgh	Total
2. Factories not included in 1, in which Section 7 is enforced—								
(a) Number	15	36	23	74
(b) Inspections	18	37	40	95
(c) Written Notices	2	—	—	2
(d) Prosecutions	—	—	—	—
3. Other Premises in which Section 7 is enforced—								
(a) Number	—	—	—	—
(b) Inspections	—	—	—	—

Defects.

(a) Found	2	6	—	8
(b) Remedied	1	6	—	7
(c) Referred to H.M. Inspector	—	—	—	—
(d) Referred by H.M. Inspector	—	2	—	2
(e) Prosecutions	—	—	—	—

Outwork.

Number of Outworkers	2	—	—	2
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Housing.

Area	Uninhabitable houses closed during year and tenants re-housed			Houses built and occupied during year	
				Local Authority	Private
Landward	6	56	4
Peebles Burgh	8	44	6
Innerleithen Burgh	—	20	1

Applications received during the year for Improvement Grants, in terms of Part VII. of the Housing (Scotland) Act, 1950, amounted to nineteen in number and provided for improvements on 23 resulting houses. In these cases preliminary adjustment was arranged with the architect concerned. Each case was formally approved by Committees of the County Council and it is anticipated that substantial improvements will result in all cases.

Forty-three proposals submitted for approval in terms of County Building Byelaws were received and reported upon during the year. As in previous years, these proposals relate to the provision of improved sanitary accommodation, additional living accommodation and major repairs and improvements.

Action continues in dealing with houses which, as a result of the housing survey 1950-51, were found to be unsuitable for habitation. Formal representation was made in 18 cases where the houses in question became vacant upon the removal of the existing tenants. Eleven of these houses are classed as summer houses and, as the County Council is considering further what action should be taken in these cases, formal action is meantime suspended. Closing Orders were passed on the other seven.

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